

OSU THIS WEEK

A healthy perspective

OSU employees say regular exercise is the key when tackling health problems.

It started as a typical August day for Carol Caughey. The assistant professor of interior design at OSU had just returned home from work and was contemplating a trip to Europe with students that was set to begin in six days. She changed her clothes and headed out to the garden.

While digging in the dirt it hit her. A strange feeling in her right leg, hand and arm.

"My arm and leg felt wobbly," she said. "It didn't feel right so I called 911."

Moments later she was being transported to Good Samaritan Hospital. She was suffering from stroke-like symptoms, but it wasn't a stroke.

"The doctors ran the tests and said I had a 'design flaw' in my arteries," she said. "It affected my speech, balance, and hand and arm movements. It was a life-changing experience."

Caughey was admitted to Salem Hospital's Regional Rehabilitation Center for eight days of intense therapy. She worked hard to regain her health and made it a goal to return to the classroom this past September.

Caughey said her regular pattern of physical activity helped when she was confronted with the grueling physical therapy.

(See "Health" p. 4)

Genetic, biomedical researchers join OSU

Oregon State University's programs in genetic and biomedical research should be significantly enhanced by the addition of two new, nationally recognized scientists who have agreed to join the OSU faculty, officials say.



James Carrington

James C. Carrington, currently a professor of biological chemistry at Washington State University, will become the new director of the OSU Center for Gene Research and Biotechnology, which coordinates the efforts of dozens of OSU research faculty in genetics and the biosciences.

Joseph Beckman, a professor of anesthesiology, biochemistry, molecular genetics and neurobiology at the University of Alabama at Birmingham, has accepted the Ava Helen Pauling Chair as the newest member of OSU's expanding Linus Pauling Institute and a member of the OSU Department of Biochemistry and Biophysics.



Joseph Beckman

"These scientists are of outstanding reputation in their respective fields," said Balz Frei, professor and director of the Linus Pauling Institute. "Dr. Beckman is one of the

world's leading authorities on amyotrophic lateral sclerosis, or Lou Gehrig's Disease, and he will build a strong research program focused on the role of oxidative stress, antioxidants and dietary factors in neurodegenerative diseases."

Carrington is not only a distinguished researcher, according to OSU President Paul Risser, but also should provide dynamic leadership for OSU's growing programs in gene research and biotechnology.

"Jim Carrington knows how the biotechnology industry works and will continue to increase OSU's strengths in the biosciences," Risser said. "We believe he will help develop the interdisciplinary teams of researchers, collaboration with private industry and technology transfer

programs that are needed in large, sophisticated biomedical research programs. This is a big step forward for OSU and biotechnology in the state of Oregon."

Carrington received his doctorate in plant pathology from the University of California at Berkeley, and will have an appointment at OSU as a professor of botany and plant pathology. His research has received millions of dollars in grant support from the National Institutes of Health and other agencies to explore such topics as how viruses infect cells and how hosts defend themselves.

In his new position with the OSU Center for Gene Research and Biotechnology, Carrington said he

(See "Appointed" p. 4)

Sustainability at OSU

Grinder helps campus recycle wood debris

The long mechanical arm reached out toward the brush pile and grabbed. It slowly lifted its load of tree branches and woody debris high overhead and dropped it in a massive grinding tub. For a brief instance, the debris spun and churned then disappeared into the depths of the large metal grinder. Seconds later it emerged from the tub as wood chips, riding a rubber conveyor belt toward an ever-growing pile of chips destined to be spread around the shrubs and trees on campus.

And so the cycle goes...

Oregon State University's wood recycling program has grown so fast

since it began in 1998 that Campus Recycling now contracts with Allwood Industries of Vancouver, Wash., to bring the tub grinder to campus twice a year. During each visit, 18 to 20 tons of chips are produced from old pallets, dimensional lumber, and other wood debris.

"As more departments learn about this program, we have shown a substantial increase in the recycling of dimensional wood products," said Barry Christensen, warehouse coordinator for Property Management and a driving force behind the wood debris recycling effort.

Industrial material and wood waste makes up a little more than 14 percent of the university's entire recyclable material. It's a key component. (See "Grinder" p. 3)



CHIP MAKING: Employees with Allwood Industries of Vancouver, Wash., prepe to grind wood debris into mulch that will be spread around trees and shrubs on campus. The university's wood recycling program has grown so fast in the past few years that Campus Recycling brings the wood grinder to campus twice a year.

Grant to allow exploration of animal use, other issues

OSU has received a three-year, \$250,000 grant from the W.K. Kellogg Foundation that will allow the university a chance in coming years to explore many of the most important social, ethical and political issues that affect modern higher education.

The first product of the funding is a five-part symposium this year on Animal Care and Use in Education. It began Jan. 16, will continue next week with a seminar on Jan. 25, and

is one part of the university's commitment to public discourse and exploration of alternatives on this topic that has often been the source of conflict and social activism.

"Starting with the animal use issue and continuing later on other topics, this Kellogg grant represents a huge opportunity for OSU to provide growth and learning for our faculty, students and the community relevant to some of the most critical concerns facing higher education to-

day," said Larry Roper, OSU Vice Provost for Student Affairs.

The funding, Roper said, is part of the Kellogg Foundation's Leadership for Institutional Change initiative. A second topic to be analyzed at OSU has already been decided: the challenges and opportunities of cultural diversity.

More issues will be chosen in coming years with flexible guidelines for the topics themselves and how they may be examined. Anyone

interested in proposing a topic for study under this initiative may contact Roper for more information at 737-3626, or larry.roper@orst.edu

Leading off, Roper said, is an exploration of animal use issues that represents months of collaboration and work between OSU; its Program for Ethics, Science and the Environment; members of the Vegetarian Resource Network; and other community activists.

"This forum will help everyone

who is involved in it teach and learn, which is the strength of a great university such as OSU," Roper said. "We'll explore issues from every perspective, consider all the viewpoints, and not tell people what to think. For that they have to consider what they've learned and how it fits with their own value systems."

The series began last week with a discussion of animal use and acquisition at the university. A featured

(See "Grant" p. 4)

OSU completes NCAA certification self-study

Oregon State University's Athletic Department is meeting the principles set forth by the National Collegiate Athletics Association (NCAA) according to a report generated by the university.

The report looked at the Athletic Department's commitment to academic integrity; equity, welfare and sportsmanship; fiscal responsibility; and compliance with NCAA rules. It found that the university's Athletic Department was meeting the goals of the NCAA in those areas.

Under NCAA rules, Division I institutions are required to undergo a certification process every five years. OSU started the self-study process last January in preparation for a site visit by a NCAA peer review committee in February 2001.

"From all indications, the NCAA peer review team will find that that OSU intercollegiate athletics program is being operated in a very sound manner," said President Paul Risser.

The self-study process involved four committees comprised of administrators, faculty, athletic staff, students and community members who reviewed the operations of the ath-

letics program at the university. The purpose of the certification process is to open the affairs of the athletics program to the university community and the public, to identify whether the program is meeting NCAA standards for operation, and to provide plans for any deficiencies found.

"There were three key objectives related to the certification report," said Ken Williamson, chief report writer of the self-study report and immediate past president of the OSU Faculty Senate. "We wanted to educate the community as to the workings of the athletic department. We wanted to evaluate how the department was meeting the operating principles established by the NCAA and review the sanctioning options, if it was found the university was not meeting the NCAA's operating principles."

Bob Schultz, professor in Civil, Construction, and Environmental Engineering and a member of the Governance and Commitment to Rules Compliance Subcommittee, said the mission of the athletics program relates directly to the mission and goals of the university.

"There is institutional oversight," Schultz said. "President Risser has a direct hand in the

hiring of coaches and meets with the athletic director monthly."

Schultz said Risser also expanded the university's athletic advisory board to include 25 members. The board provides input and guidance to the athletic department.

Linda A. Johnson, chair of the Academic Integrity Subcommittee, and head advisor in the College of Health and Human Performance, said the academic standards for athletes are the same as those for the rest of the student body.

"The admission GPA for student-athletes is close to that of the general student body and the SAT scores are only slightly lower," she said. "The graduation rate for student-athletes is in line with the rest of the university. Those student athletes that exhaust their eligibility while at OSU have a 91 percent graduate rate."

Johnson said the academic support to athletes is probably greater than that provided the rest of the student body.

Robert Hood



For a more detailed version of this story, visit <http://osu.orst.edu/dept/ncs/otw/>

Workshop focuses on "The Natural Step"

A half-day workshop on the fundamentals of The Natural Step will be held from 8:30 a.m. to 12:30 p.m., Thursday, Feb. 1, at the Hewlett Packard Conference Center in Corvallis. The workshop is sponsored by Oregon State University, CH2M HILL, Northwest Earth Institute, Hewlett Packard, Linn Benton Community College, and the Oregon Department for Economic and Community Development.

The program will introduce business, government and community leaders to The Natural Step, which is a framework for sustainability. An executive presentation will cover the basics of The Natural Step and the science behind the model, followed by an interactive dialogue with the audience in a workshop format. Part of the program will focus on case studies of organizations that have adopted The Natural Step.

The cost is \$45. Call 757-8944 ext. 5105.



Jan. 18 - Women's basketball at Washington State, 7 p.m.

Jan. 18 - Men's basketball vs. Washington State at Gill Coliseum, 7:05 p.m.

Jan. 19 - Gymnastics vs. Arizona State at Gill Coliseum, 7 p.m.

Jan. 20 - Women's basketball at Washington, 2 p.m.

Jan. 20 - Men's basketball vs. Washington at Gill Coliseum, 7:05 p.m.

Jan. 20 - Wrestling, Oregon State Duals at Gill Coliseum, 12 p.m.

Jan. 22 - Beaver Huddle (Brad Soucie, Tony Newnan) 12 p.m. at Valley Football Center.

Grinder

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LOOKS LIKE MULCH: This wood debris is destined for mulch. About 18 to 20 tons of wood chips are produced from wood waste every time the wood grinder visits campus.

ment of OSU's recycling effort.

Gov. John Kitzhaber has challenged the state to develop and promote policies that support meeting goals of sustainability within one generation. In a sustainable Oregon, environmental, economic, and community needs will simultaneously be met. Through increased recycling efforts, Christensen said OSU is trying to put theories of sustainability into practice.

Last year, the university's solid waste recovery rate jumped to 52 percent, an all-time high. Each day, the campus community generates nearly 21,000 pounds of solid waste, approximately 1.08 pounds per person. Recycling wood waste and using it for plant mulch helps reduce the amount of material OSU sends to the landfill.

"We work as partners with landscape management crews," Christensen said. "The mulch provides moisture retention in the summer, thus using less water. It also helps insulate the root zones of the plants during hot and cold weather. Along with providing some nutrients to the plants and minimizing weed growth, the mulch is also cost effective and closes the loop from waste to usable product making this a worthwhile sustainable project."

Christensen said departments with wood debris should contact Campus Recycling at 7-2925 to make sure the debris is recycled. Campus Recycling collects wood debris and stores it at the campus salvage yard off 35th Street. The wood grinder is usually brought to campus in the spring and winter.

Robert Hood

Task force reviews the graduate admissions process

What should Oregon State University do to streamline the admissions process for graduate students?

That was the question being asked at several open meetings this week as the Graduate Admissions Task Force began the process of re-engineering the graduate admissions process at OSU.

"The task force is encouraged to be creative and to think beyond the current structures and processes," said John Westall, chair of the task force. "The goal is to provide an admissions procedure to give OSU an advantage in recruiting top-tier graduate students."

Westall and other committee members were seeking campus wide input about the graduate admissions process and what can be done at OSU to make the process easier for students, departments, the Graduate School, and Admissions and Orientation. By March 1, the committee will provide a set of specific recommendations that will be reviewed by the campus community before implementation begins between May and October.

Westall said the charge to the task force is simple:

- ♦ Analyze the current graduate admission practices with respect to efficiency and effectiveness in enabling academic units to meet their recruitment goals.
- ♦ Identify campus concerns about graduate admissions.
- ♦ Provide specific recommendations regarding re-engineering the graduate admissions process at OSU with the goals of A). increasing the efficiency of the admissions process for applicants, academic units, and the university administration, and B). increasing the effectiveness of academic units in meeting their recruitment goals.

"This charge does not include addressing the graduate student recruitment goals that the academic units set for themselves, nor does it include the marketing of graduate programs," Westall told the Faculty Senate on Jan. 11. "The charge is focused specifically on the events that transpire from the time an inquiry reaches OSU until the time a notice of admission is sent out."

Westall said the Graduate Admissions Task Force was created after the 1999 Graduate School Review Team recognized campus-wide sentiment for review and revision of the graduate admissions process. At that time, Sally Francis, interim dean of the Graduate School, and Bob Bontrager, director of Admissions and Orientation, commissioned the task force to review and re-engineer the graduate admissions process at OSU.

Robert Hood



BUMPER BOWL: Randall Radcliff, manager of the Memorial Union Rec Center, pulls up the bumpers on one lane at the MU bowling alley. Last term, the MU fitted two lanes with bumpers at the cost of \$1,000 per lane. Radcliff said the bumpers are perfect for children and said he's already booked several birthday parties. The cost is \$6 an hour for each lane. For more information, call the MU Rec Center at 7-2383.

OSU BRIEFS

LITERARY PRIZE

Keith Scribner and Tim White are seeking a few good writers. Scribner is chair of the Provost's Literary Prize Screening Committee, which seeks to identify the best undergraduate writing work at OSU. The prize, in its 13th year, includes \$300 and publication of the work in *Prism*, OSU's literary and arts magazine.

The work can be fiction, poetry (including a group of poems) or non-fiction written for a general audience. Currently enrolled OSU undergraduates are eligible. They may submit their own work or have it nominated by faculty members.

Submissions must be original, typed, no longer than 20 manuscript pages, and include the author's full name, year in school, student ID number, phone

Grant

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speaker was Alex Ojerio, director of OSU's Laboratory Animal Resources facility.

On Thursday, Jan. 25, at the Corvallis Public Library from 7-9 p.m., the series will continue with a discussion of veterinary surgical education and a featured speaker will be Dr. Jill Parker, an assistant professor of veterinary medicine.

Later events and topics include:

- ♦ Feb. 8: Corvallis Public Library, 7-9 p.m., a discussion of revising the Animal Welfare Act
- ♦ March 8: LaSells Stewart Center, 7-9 p.m., ethics in the veterinary profession
- ♦ April 20-21: a "capstone" international conference that will include exploration of "best practices" regarding animal use in education and research, location to be announced

This educational initiative is also supporting the travel of three faculty members in the College of Veterinary Medicine at OSU to travel to other universities and analyze alternative approaches that are sometimes used in veterinary medical education, reporting their findings back to interested groups at the university for further discussion.

Other invited speakers to these meetings may include government agency regulators in the field of animal care and use, academic representatives and social activists who oppose the traditional use of animals for education and research at a university.

Like most of the nation's large research universities, OSU uses thousands of laboratory animals each year, mostly rats, mice or fish, but also some other species. The university conducts studies in human and animal biomedicine, zoology, animal agriculture, environmental change, toxicology, and many other fields. Animals are also instrumental in some programs of student education, including veterinary medicine, pre-medicine, biology, zoology and other fields.

University officials and individual researchers follow specific federal guidelines for animal care and use, have any research proposals involving animals reviewed in advance by a monitoring committee for that purpose, and have been active in efforts to develop or use alternatives to animals where feasible.

This newest initiative is a further outreach effort to consider the approaches being used in research or educational programs and help address concerns that have been expressed, officials say.

David Stauth

Health

(Continued from p. 1)

"I enjoy running," she said. "The fact that I was physically active before my health problems was a benefit during physical therapy."

Bob Hudspeth, professor of Civil, Construction & Environmental Engineering, was physically active for years prior to 1992, when he was diagnosed with a sinus tumor. Despite the serious surgery that followed, Hudspeth was back into a regular exercise routine within three months.

"I think it helped my recovery," Hudspeth said. "Being involved in weight-lifting and conditioning benefited me as I got through my health problems."

Bill Winkler, director of the Faculty/Staff Fitness Program in the College of Health and Human Performance, said he's seen numerous examples of staff and faculty who have used physical activity to help them recover from serious health problems.

"Folks do turn toward exercise when faced with health problems," Winkler said. "Evidence says exercise is important and doctors are steering more people toward exercise."

The Faculty/Staff Fitness Program began in the spring of 1984 with 10 activity classes serving about 100 people. Now it averages 30 to 40 classes enrolling more than 700 faculty and staff as well as spouses and partners.

Winkler said people who are contemplating a new regimen of physical activity should consult with their doctor first.

"For people who are new to exercise, I would suggest dropping by a class to see what happens before enrolling," Winkler said. "Exercise can certainly help folks – both before health problems occur and after – but it's important to approach it thoughtfully."

A full list of activity classes for winter term is available on the Web at osu.orst.edu/hhp/outreach/fsf or by calling 7-3222 or at Langton Hall 123.

Robert Hood

Appointed

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hopes to improve the research and service activities of the center; enhance training for staff and students; improve the funding base, especially from private or non-traditional sources; and encourage basic research that's relevant to today's social needs.

"Research for the sake of research, in my opinion, is an outdated concept," Carrington said. "Basic research should be done with a consciousness of eventual health, environmental or economic benefits to society, and have impact on more than just a few specialists."

Some of those types of impacts, OSU officials say, are evident in Beckman's work. He has published one of the most influential papers ever done in the study of peroxynitrite, which contributes to injury underlying inflammation, myocardial ischemia, stroke and many degenerative diseases. Some recent research has shown that interactions of peroxynitrite with critical targets in motor neurons may explain the development of Lou Gehrig's disease. For this body of work Beckman has been nominated for the Nobel Prize in medicine.

"It is an honor for me to join the Linus Pauling Institute at OSU," Beckman said. "It is not difficult for most scientists to find roots of their research in concepts emanating from Linus Pauling."

"My research interests have focused on problems related to neurodegeneration," he said. "A decade ago, there were no clues about the causes of Alzheimer's disease, Huntington's disease, Parkinson's disease, multiple sclerosis or amyotrophic lateral sclerosis. Now we have important insights at a molecular level about what makes the brain susceptible to degeneration as we age. Significant advances in treatment have been made and there is hope for more rapid progress."

At the University of Alabama at Birmingham, Beckman has worked as associate director of the Center for Free Radical Biology. Research done there is related to many studies underway in OSU's Linus Pauling Institute, which works to understand the role of oxidative stress, antioxidant vitamins and other micronutrients and phytochemicals in human health and disease. Areas of research at the institute range from heart disease to cancer, aging and neurodegenerative diseases.

Beckman received his doctorate in plant physiology and biochemistry from Duke University in 1984, has been an Established Investigator of the American Heart Association, and currently holds three major grants from the National Institutes of Health to investigate the molecular mechanisms underlying Lou Gehrig's disease as well as heart disease.

At OSU, these two new researchers will join about 90 colleagues from six colleges and more than 17 departments or centers who do gene research. Last year, members of the OSU Center for Gene Research and Biotechnology held more than \$50 million in long-term grants related to a range of genetic studies, from crop agriculture to animal science, forestry, pollution control, biomedicine and even the evolution of life.

David Stauth

number, and current mailing address.

Works must be submitted to Scribner in the English Department by 5 p.m. on Monday, Feb. 12. White will announce the winner in May. Questions should be directed to Scribner at 7-1666.

CREW PRESENTS SLIDE SHOW

Linda Crew, author of the new book *Brides of Eden: A True Story Imagined*, will be giving a discussion and slide show titled "Walking with Ghosts" at 7:30 p.m., Wednesday, Jan. 24, in the C&E Auditorium in LaSells Stewart Center. The event is free and is co-sponsored by The Craft of Writing Series, The Center for Writing and Learning, ASOSU, and the OSU Bookstore.

Crew's book details the true story of a turn of the 20th century cult located in Corvallis. For more information, contact the OSU Bookstore at 7-1505.

FOLK CLUB EVENT

The OSU Folk Club will host "An Evening of Wine and Cheese," featuring presentations by professor emeritus Floyd Bodyfelt and senior instructor Barney Watson, both affiliated with the Department of Food Science and Technology.

The event will be held at 7 p.m. on Saturday, Jan. 20 at the Courtyard Inn, 2435 N.W. Harrison Ave., Corvallis. Tickets are \$12.50 and can be purchased by calling Nada Down at 758-6031.

FOOD DRIVE VOLUNTEERS NEEDED

Volunteers are needed to organize departmental food and fund-raising activities for this year's Food Drive. The OSU Food Drive is a month-long, university-wide event that occurs each February. This annual tradition raises food and funds that benefit the 65 non-profit agencies served by Linn-Benton Food Share.

For more information on how to get involved, contact Gale Hazel at 7-0724 or gale.hazel@orst.edu.

OSU THIS WEEK

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